



ROASTED CHICKEN WITH KALE & ONIONS

Prep Time: 15 minutes, Cook time: 15 minutes per pound, Serves 4

- 1 whole chicken (preferably pasture raised)
- 1 tablespoon sea salt
- 1 tablespoon smoked paprika
- 1 tablespoon garlic powder or 2 fresh cloves, chopped
- 1 teaspoon pepper
- 1/4 cup raw or grass-fed butter softened
- 1 white onion sliced into rounds (like onion rings)
- 1 head of kale, torn into pieces.

Heat the oven to 425°. Mix the spices into the softened butter. Loosen the skin from the bird with your fingers and rub the butter mixture in between the skin and the chicken. Whatever is left over rub on the outside of the chicken and sprinkle with sea salt.

Place the onions into the bottom of a heavy bottomed pot (like a dutch oven). Put kale on top of the onions and then place the chicken on top of that.

Bake the chicken for about 45 - 60 minutes. Cook chicken to 175° degrees on a thermometer. Let rest for 10 minutes before serving.